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**Individual Meet Results**

Canada games trial 2009 01-May-09 to 03-May-09 SC Meters

Location: Grenfell College Pool

St. John's Legends Swim Club [SJL] Coach: Brad Hutton

Time	F/P/S	Event	Place	Points	Improv
<b>Avis, Matthew (18) M</b>					
58.27S	F # 6C	Men 15 & Over 100 Free	4	---	-1.51
58.52S	P # 6C	Men 15 & Over 100 Free	4	---	-1.26
27.14S	P # 16C	Men 15 & Over 50 Free	4	---	-0.22
27.15S	F # 16C	Men 15 & Over 50 Free	6	---	-0.21
1:16.74S	P # 18C	Men 15 & Over 100 Breast	5	---	-3.57
1:18.51S	F # 18C	Men 15 & Over 100 Breast	5	---	-1.80
34.61S	P # 24C	Men 15 & Over 50 Back	11	---	1.67
37.56S	F # 24C	Men 15 & Over 50 Back	9	---	4.62
35.05S	F # 32C	Men 15 & Over 50 Breast	9	---	-1.12
35.47S	P # 32C	Men 15 & Over 50 Breast	8	---	-0.70
2:09.38S	F # 34C	Men 15 & Over 200 Free	5	---	-1.87
2:12.16S	P # 34C	Men 15 & Over 200 Free	8	---	0.91
<b>Baird, Elizabeth (15) W</b>					
1:16.76S	P # 5C	Women 15 & Over 100 Free	31	---	1.42
39.84S	P # 9C	Women 15 & Over 50 Fly	22	---	-2.63
3:10.09S	F # 13C	Women 15 & Over 200 IM	8	---	0.85
3:11.34S	P # 13C	Women 15 & Over 200 IM	16	---	2.10
34.24S	P # 15C	Women 15 & Over 50 Free	27	---	1.89
1:30.56S	P # 29C	Women 15 & Over 100 Back	15	---	-4.54
1:30.59S	F # 29C	Women 15 & Over 100 Back	14	---	-4.51
2:52.65S	P # 33C	Women 15 & Over 200 Free	30	---	-1.29
<b>Bennett, Tim (18) M</b>					
59.16S	P # 6C	Men 15 & Over 100 Free	6	---	1.45
2:20.34S	F # 12C	Men 15 & Over 200 Back	2	2	0.06
2:23.35S	P # 12C	Men 15 & Over 200 Back	2	---	3.07
27.22S	P # 16C	Men 15 & Over 50 Free	5	---	-0.11
28.80S	F # 16C	Men 15 & Over 50 Free	11	---	1.47
30.44S	F # 24C	Men 15 & Over 50 Back	2	2	0.06
31.43S	P # 24C	Men 15 & Over 50 Back	4	---	1.05
1:04.51S	F # 30C	Men 15 & Over 100 Back	2	---	0.67
1:05.18S	P # 30C	Men 15 & Over 100 Back	1	---	1.34
2:11.98S	P # 34C	Men 15 & Over 200 Free	7	---	-1.20
2:13.90S	F # 34C	Men 15 & Over 200 Free	7	---	0.72
<b>Bennett, Tim (-2) M</b>					
1:06.28S	F # 38C	400 Medley Relay Lead Off	---	---	2.44
<b>Bittner, Danielle (15) W</b>					
1:09.04S	P # 5C	Women 15 & Over 100 Free	12	---	-0.39
1:09.06S	F # 5C	Women 15 & Over 100 Free	10	---	-0.37
2:52.03S	F # 11C	Women 15 & Over 200 Back	4	---	-2.72
2:53.15S	P # 11C	Women 15 & Over 200 Back	5	---	-1.60
32.31S	F # 15C	Women 15 & Over 50 Free	12	---	0.40
32.63S	P # 15C	Women 15 & Over 50 Free	14	---	0.72
5:23.18S	F # 19C	Women 15 & Over 400 Free	7	---	4.44
5:27.18S	P # 19C	Women 15 & Over 400 Free	7	---	8.44

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Location: Grenfell College Pool

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Time	F/P/S	Event	Place	Points	Improv
1:22.40S	F # 29C	Women 15 & Over 100 Back	7	---	0.28
1:23.18S	P # 29C	Women 15 & Over 100 Back	8	---	1.06
2:32.28S	F # 33C	Women 15 & Over 200 Free	14	---	2.31
2:34.46S	P # 33C	Women 15 & Over 200 Free	15	---	4.49
<b>Bittner, Danielle (-5) W</b>					
1:24.21S	F # 37C	400 Medley Relay Lead Off	---	---	2.09
<b>Brodie, Karen (17) W</b>					
3:06.02S	P # 3C	Women 15 & Over 200 Breast	4	---	3.07
3:08.72S	F # 3C	Women 15 & Over 200 Breast	4	---	5.77
1:11.48S	P # 5C	Women 15 & Over 100 Free	19	---	2.46
1:11.82S	F # 5C	Women 15 & Over 100 Free	18	---	2.80
35.83S	P # 9C	Women 15 & Over 50 Fly	10	---	-0.43
2:52.26S	P # 13C	Women 15 & Over 200 IM	7	---	8.39
2:58.27S	F # 13C	Women 15 & Over 200 IM	6	---	14.40
1:23.53S	P # 17C	Women 15 & Over 100 Breast	1	---	4.10
1:24.40S	F # 17C	Women 15 & Over 100 Breast	3	1	4.97
37.96S	F # 31C	Women 15 & Over 50 Breast	4	---	1.80
38.31S	P # 31C	Women 15 & Over 50 Breast	3	---	2.15
<b>Brodie, Karen (-3) W</b>					
1:21.35S	F # 37C	400 Medley Relay Lead Off	---	---	3.87
<b>Buckingham, Aaron (16) M</b>					
56.08S	F # 6C	Men 15 & Over 100 Free	2	2	1.24
57.71S	P # 6C	Men 15 & Over 100 Free	3	---	2.87
28.34S	F # 10C	Men 15 & Over 50 Fly	2	---	0.45
28.43S	P # 10C	Men 15 & Over 50 Fly	2	---	0.54
25.58S	F # 16C	Men 15 & Over 50 Free	1	---	0.54
25.77S	P # 16C	Men 15 & Over 50 Free	1	---	0.73
30.43S	P # 24C	Men 15 & Over 50 Back	2	---	0.64
36.22S	F # 24C	Men 15 & Over 50 Back	8	---	6.43
34.11S	F # 32C	Men 15 & Over 50 Breast	6	---	-0.94
34.66S	P # 32C	Men 15 & Over 50 Breast	6	---	-0.39
<b>Curran, Dawn (12) W</b>					
DQ	P # 3A	Women 12 & Under 200 Breast	---	---	---
35.16S	P # 9A	Women 12 & Under 50 Fly	7	---	-0.81
35.33S	F # 9A	Women 12 & Under 50 Fly	7	---	-0.64
3:02.26S	F # 13A	Women 12 & Under 200 IM	2	2	-5.95
3:05.02S	P # 13A	Women 12 & Under 200 IM	11	---	-3.19
1:22.39S	F # 21A	Women 12 & Under 100 Fly	1	5	-2.18
1:22.62S	P # 21A	Women 12 & Under 100 Fly	1	---	-1.95
43.24S	F # 31A	Women 12 & Under 50 Breast	14	---	-2.88
43.30S	P # 31A	Women 12 & Under 50 Breast	15	---	-2.82
2:56.95S	P # 33A	Women 12 & Under 200 Free	34	---	8.69
<b>Daly, Erin (18) W</b>					
3:07.90S	P # 3C	Women 15 & Over 200 Breast	6	---	8.75
3:10.07S	F # 3C	Women 15 & Over 200 Breast	5	---	10.92

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Canada games trial 2009 01-May-09 to 03-May-09 SC Meters

Location: Grenfell College Pool

St. John's Legends Swim Club [SJL] Coach: Brad Hutton

Time	F/P/S	Event	Place	Points	Improv
1:13.08S	P # 5C	Women 15 & Over 100 Free	23	---	5.25
33.06S	P # 15C	Women 15 & Over 50 Free	22	---	2.62
1:21.13S	F # 17C	Women 15 & Over 100 Breast	2	2	1.20
1:25.08S	P # 17C	Women 15 & Over 100 Breast	3	---	5.15
36.81S	P # 31C	Women 15 & Over 50 Breast	2	---	-0.24
37.17S	F # 31C	Women 15 & Over 50 Breast	3	---	0.12
2:40.55S	P # 33C	Women 15 & Over 200 Free	24	---	5.84
<b>Daly, Owen (13) M</b>					
9:09.24S	F # 2B	Men 13-14 800 Free	2	---	-15.28
2:22.85S	F # 12B	Men 13-14 200 Back	1	5	-8.54
2:32.33S	P # 12B	Men 13-14 200 Back	2	---	0.94
4:23.33S	F # 20B	Men 13-14 400 Free	1	5	-11.26
4:26.97S	P # 20B	Men 13-14 400 Free	1	---	-7.62
30.18S	F # 24B	Men 13-14 50 Back	1	5	0.14
31.68S	P # 24B	Men 13-14 50 Back	1	---	1.64
1:06.40S	F # 30B	Men 13-14 100 Back	4	---	0.46
1:06.88S	P # 30B	Men 13-14 100 Back	4	---	0.94
2:02.49S	F # 34B	Men 13-14 200 Free	2	---	-2.23
2:06.00S	P # 34B	Men 13-14 200 Free	3	---	1.28
<b>Daly, Owen (-6) M</b>					
1:08.13S	F # 38B	400 Medley Relay Lead Off	---	---	2.19
<b>Dornan, Emma (11) W</b>					
1:10.93S	F # 5A	Women 12 & Under 100 Free	16	2	0.82
1:10.98S	P # 5A	Women 12 & Under 100 Free	17	---	0.87
35.56S	P # 9A	Women 12 & Under 50 Fly	9	---	0.71
35.98S	F # 9A	Women 12 & Under 50 Fly	9	---	1.13
33.09S	P # 15A	Women 12 & Under 50 Free	23	---	1.14
5:29.08S	F # 19A	Women 12 & Under 400 Free	4	---	-49.20
5:33.26S	P # 19A	Women 12 & Under 400 Free	4	---	-45.02
3:15.20S	P # 27A	Women 12 & Under 200 Fly	9	---	11.99
3:17.05S	F # 27A	Women 12 & Under 200 Fly	8	---	13.84
2:37.52S	P # 33A	Women 12 & Under 200 Free	18	---	0.56
2:37.79S	F # 33A	Women 12 & Under 200 Free	17	---	0.83
<b>Dunn, Chris (13) M</b>					
3:23.22S	DQ	P # 4B Men 13-14 200 Breast	---	---	---
1:19.94S	P # 6B	Men 13-14 100 Free	27	---	-3.56
3:06.76S	P # 14B	Men 13-14 200 IM	15	---	-3.76
3:10.67S	F # 14B	Men 13-14 200 IM	5	---	0.15
1:33.33S	F # 18B	Men 13-14 100 Breast	3	1	-5.75
1:36.45S	P # 18B	Men 13-14 100 Breast	13	---	-2.63
42.07S	F # 32B	Men 13-14 50 Breast	16	---	-5.52
42.40S	P # 32B	Men 13-14 50 Breast	17	---	-5.19
2:49.51S	F # 34B	Men 13-14 200 Free	16	---	-14.52
2:52.47S	P # 34B	Men 13-14 200 Free	26	---	-11.56

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**Location: Grenfell College Pool**  
**St. John's Legends Swim Club [SJL] Coach: Brad Hutton**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Engelbrecht, Reniel (15) M</b>					
5:35.56S	P # 8C	Men 15 & Over 400 IM	5	---	13.34
5:39.82S	F # 8C	Men 15 & Over 400 IM	5	---	17.60
29.23S	P # 10C	Men 15 & Over 50 Fly	5	---	0.77
29.26S	F # 10C	Men 15 & Over 50 Fly	5	---	0.80
2:33.02S	P # 14C	Men 15 & Over 200 IM	10	---	8.08
2:34.70S	F # 14C	Men 15 & Over 200 IM	6	---	9.76
1:03.13S	F # 22C	Men 15 & Over 100 Fly	3	1	0.21
1:05.01S	P # 22C	Men 15 & Over 100 Fly	3	---	2.09
32.15S	P # 24C	Men 15 & Over 50 Back	7	---	1.12
2:26.92S	F # 28C	Men 15 & Over 200 Fly	2	---	6.14
2:28.58S	P # 28C	Men 15 & Over 200 Fly	3	---	7.80
<b>Flynn, Amy (13) W</b>					
1:13.37S	P # 5B	Women 13-14 100 Free	26	---	0.75
36.26S	F # 9B	Women 13-14 50 Fly	11	---	-0.31
36.44S	P # 9B	Women 13-14 50 Fly	13	---	-0.13
33.15S	P # 15B	Women 13-14 50 Free	25	---	-0.44
5:28.52S	F # 19B	Women 13-14 400 Free	5	---	-0.54
5:36.93S	P # 19B	Women 13-14 400 Free	5	---	7.87
1:24.49S	P # 21B	Women 13-14 100 Fly	2	---	4.92
1:28.42S	F # 21B	Women 13-14 100 Fly	3	1	8.85
3:02.87S	F # 27B	Women 13-14 200 Fly	5	---	1.40
3:08.38S	P # 27B	Women 13-14 200 Fly	5	---	6.91
<b>Froude, Allison (11) W</b>					
1:24.61S	P # 5A	Women 12 & Under 100 Free	42	---	-5.82
42.59S	P # 9A	Women 12 & Under 50 Fly	30	---	-1.60
3:18.60S	P # 13A	Women 12 & Under 200 IM	21	---	-9.49
38.52S	P # 15A	Women 12 & Under 50 Free	33	---	-1.67
44.65S	F # 23A	Women 12 & Under 50 Back	5	---	0.46
44.94S	P # 23A	Women 12 & Under 50 Back	6	---	0.75
3:02.50S	P # 33A	Women 12 & Under 200 Free	39	---	-6.72
<b>Froude, Leo (14) M</b>					
2:52.39S	P # 4B	Men 13-14 200 Breast	5	---	-7.26
5:19.12S	F # 8B	Men 13-14 400 IM	4	---	5.43
5:22.41S	P # 8B	Men 13-14 400 IM	4	---	8.72
2:34.42S	F # 12B	Men 13-14 200 Back	3	1	5.95
2:36.07S	P # 12B	Men 13-14 200 Back	3	---	7.60
2:33.00S	P # 14B	Men 13-14 200 IM	9	---	3.12
2:34.87S	F # 14B	Men 13-14 200 IM	1	5	4.99
1:10.55S	F # 22B	Men 13-14 100 Fly	1	5	1.57
1:11.10S	P # 22B	Men 13-14 100 Fly	1	---	2.12
2:39.35S	F # 28B	Men 13-14 200 Fly	5	---	8.27
2:47.56S	P # 28B	Men 13-14 200 Fly	5	---	16.48
<b>Gillespie, Jenny (10) W</b>					
3:44.68S	P # 3A	Women 12 & Under 200 Breast	21	---	-25.32

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Time	F/P/S	Event	Place	Points	Improv
3:52.82S	F # 3A	Women 12 & Under 200 Breast	18	---	-17.18
1:35.31S	P # 5A	Women 12 & Under 100 Free	47	---	-11.62
DQ	P # 13A	Women 12 & Under 200 IM	---	---	---
1:51.67S	P # 17A	Women 12 & Under 100 Breast	11	---	-3.92
50.64S	P # 31A	Women 12 & Under 50 Breast	26	---	-1.88
3:29.60S	P # 33A	Women 12 & Under 200 Free	52	---	-4.00
<b>Gillespie, Katie (12) W</b>					
3:05.10S	P # 3A	Women 12 & Under 200 Breast	3	---	1.14
3:10.83S	F # 3A	Women 12 & Under 200 Breast	6	---	6.87
1:10.80S	F # 5A	Women 12 & Under 100 Free	14	5	-4.63
1:11.35S	P # 5A	Women 12 & Under 100 Free	18	---	-4.08
35.84S	P # 9A	Women 12 & Under 50 Fly	11	---	-1.98
2:51.85S	F # 13A	Women 12 & Under 200 IM	1	5	3.04
2:52.42S	P # 13A	Women 12 & Under 200 IM	8	---	3.61
1:28.08S	F # 17A	Women 12 & Under 100 Breast	1	5	2.39
1:28.84S	P # 17A	Women 12 & Under 100 Breast	1	---	3.15
40.01S	P # 31A	Women 12 & Under 50 Breast	6	---	0.90
40.16S	F # 31A	Women 12 & Under 50 Breast	6	---	1.05
<b>Gregory, Peter (15) M</b>					
2:27.27S	F # 12C	Men 15 & Over 200 Back	3	1	-1.84
2:28.94S	P # 12C	Men 15 & Over 200 Back	3	---	-0.17
29.23S	F # 16C	Men 15 & Over 50 Free	13	---	0.51
29.32S	P # 16C	Men 15 & Over 50 Free	15	---	0.60
32.55S	F # 24C	Men 15 & Over 50 Back	5	---	-0.59
32.97S	P # 24C	Men 15 & Over 50 Back	8	---	-0.17
1:09.08S	F # 30C	Men 15 & Over 100 Back	5	---	-0.80
1:09.21S	P # 30C	Men 15 & Over 100 Back	6	---	-0.67
2:19.57S	F # 34C	Men 15 & Over 200 Free	10	---	1.41
2:21.88S	P # 34C	Men 15 & Over 200 Free	13	---	3.72
<b>Gregory, Peter (-4) M</b>					
1:09.43S	F # 38C	400 Medley Relay Lead Off	---	---	-0.45
<b>Hickman, Caroline (11) W</b>					
3:24.28S	P # 3A	Women 12 & Under 200 Breast	13	---	-12.23
3:27.01S	F # 3A	Women 12 & Under 200 Breast	12	---	-9.50
41.03S	P # 9A	Women 12 & Under 50 Fly	27	---	-1.95
3:12.77S	P # 13A	Women 12 & Under 200 IM	17	---	-13.32
3:15.51S	F # 13A	Women 12 & Under 200 IM	4	---	-10.58
1:37.34S	F # 17A	Women 12 & Under 100 Breast	6	---	-2.29
1:37.47S	P # 17A	Women 12 & Under 100 Breast	4	---	-2.16
41.89S	F # 31A	Women 12 & Under 50 Breast	11	---	-2.07
42.95S	P # 31A	Women 12 & Under 50 Breast	12	---	-1.01
3:03.55S	P # 33A	Women 12 & Under 200 Free	40	---	-1.76
<b>Innes, Emily (16) W</b>					
1:13.11S	P # 5C	Women 15 & Over 100 Free	24	---	3.40
33.09S	P # 9C	Women 15 & Over 50 Fly	5	---	0.71

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33.27S	F # 9C	Women 15 & Over 50 Fly	5	---	0.89
2:52.79S	F # 13C	Women 15 & Over 200 IM	5	---	7.63
2:53.64S	P # 13C	Women 15 & Over 200 IM	9	---	8.48
1:13.33S	F # 21C	Women 15 & Over 100 Fly	3	1	0.55
1:15.00S	P # 21C	Women 15 & Over 100 Fly	3	---	2.22
2:44.19S	F # 27C	Women 15 & Over 200 Fly	3	---	5.13
2:53.98S	P # 27C	Women 15 & Over 200 Fly	3	---	14.92
41.80S	F # 31C	Women 15 & Over 50 Breast	10	---	0.05
43.11S	P # 31C	Women 15 & Over 50 Breast	13	---	1.36
<b>MACKAY, Meg (11) W</b>					
22:05.63S	F # 1A	Women 12 & Under 1500 Free	2	2	28.95
3:09.10S	P # 11A	Women 12 & Under 200 Back	10	---	4.15
3:09.73S	F # 11A	Women 12 & Under 200 Back	4	---	4.78
1:50.85S	P # 17A	Women 12 & Under 100 Breast	10	---	0.36
5:26.75S	F # 19A	Women 12 & Under 400 Free	2	2	-6.48
5:32.01S	P # 19A	Women 12 & Under 400 Free	3	---	-1.22
11:28.46S	F # 25A	Women 12 & Under 800 Free	8	5	5.76
2:37.52S	F # 33A	Women 12 & Under 200 Free	16	---	-1.13
2:37.77S	P # 33A	Women 12 & Under 200 Free	19	---	-0.88
<b>MACKAY, Victoria (14) W</b>					
19:45.12S	F # 1B	Women 13-14 1500 Free	2	2	-69.40
1:07.62S	F # 5B	Women 13-14 100 Free	9	---	-1.65
1:08.22S	P # 5B	Women 13-14 100 Free	9	---	-1.05
32.18S	P # 15B	Women 13-14 50 Free	11	---	-0.14
32.27S	F # 15B	Women 13-14 50 Free	11	---	-0.05
5:00.81S	P # 19B	Women 13-14 400 Free	1	---	-3.46
5:02.14S	F # 19B	Women 13-14 400 Free	1	5	-2.13
10:34.26S	F # 25B	Women 13-14 800 Free	5	2	12.74
2:24.49S	P # 33B	Women 13-14 200 Free	9	---	0.96
2:26.42S	F # 33B	Women 13-14 200 Free	9	---	2.89
<b>MACKAY, Victoria (-6) W</b>					
1:21.26S	F # 37B	400 Medley Relay Lead Off	---	---	0.54
<b>Mather, Mike (14) M</b>					
2:51.19S	P # 4B	Men 13-14 200 Breast	4	---	-1.70
2:51.27S	F # 4B	Men 13-14 200 Breast	3	---	-1.62
1:00.28S	P # 6B	Men 13-14 100 Free	8	---	0.79
1:00.52S	F # 6B	Men 13-14 100 Free	1	5	1.03
30.33S	P # 10B	Men 13-14 50 Fly	8	---	-0.25
30.76S	F # 10B	Men 13-14 50 Fly	8	---	0.18
27.32S	F # 16B	Men 13-14 50 Free	7	---	---
27.62S	P # 16B	Men 13-14 50 Free	8	---	---
1:16.87S	F # 18B	Men 13-14 100 Breast	1	5	0.55
1:17.17S	P # 18B	Men 13-14 100 Breast	6	---	0.85
33.96S	F # 32B	Men 13-14 50 Breast	5	---	-0.64
34.33S	P # 32B	Men 13-14 50 Breast	5	---	-0.27

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Time	F/P/S	Event	Place	Points	Improv
<b>McAleese, Aileen (16) W</b>					
2:55.53S	F # 3C	Women 15 & Over 200 Breast	2	---	-8.80
3:00.55S	P # 3C	Women 15 & Over 200 Breast	2	---	-3.78
1:08.70S	P # 5C	Women 15 & Over 100 Free	10	---	3.17
2:44.74S	P # 13C	Women 15 & Over 200 IM	4	---	4.44
2:45.58S	F # 13C	Women 15 & Over 200 IM	3	1	5.28
31.41S	P # 15C	Women 15 & Over 50 Free	10	---	1.80
1:20.86S	F # 17C	Women 15 & Over 100 Breast	1	5	-1.31
1:23.57S	P # 17C	Women 15 & Over 100 Breast	2	---	1.40
37.10S	F # 31C	Women 15 & Over 50 Breast	2	---	-0.96
38.47S	P # 31C	Women 15 & Over 50 Breast	4	---	0.41
<b>McKay, Brandon (17) M</b>					
4:57.63S	F # 8C	Men 15 & Over 400 IM	2	---	11.07
5:04.45S	P # 8C	Men 15 & Over 400 IM	1	---	17.89
30.02S	P # 10C	Men 15 & Over 50 Fly	6	---	1.58
30.15S	F # 10C	Men 15 & Over 50 Fly	7	---	1.71
2:18.12S	F # 14C	Men 15 & Over 200 IM	1	5	2.19
2:21.65S	P # 14C	Men 15 & Over 200 IM	2	---	5.72
1:02.69S	F # 22C	Men 15 & Over 100 Fly	2	2	1.08
1:03.73S	P # 22C	Men 15 & Over 100 Fly	2	---	2.12
2:20.37S	F # 28C	Men 15 & Over 200 Fly	1	---	5.03
2:23.34S	P # 28C	Men 15 & Over 200 Fly	1	---	8.00
32.76S	F # 32C	Men 15 & Over 50 Breast	1	---	1.09
33.15S	P # 32C	Men 15 & Over 50 Breast	3	---	1.48
<b>McKay, Curtis (15) M</b>					
58.33S	F # 6C	Men 15 & Over 100 Free	5	---	-0.27
58.61S	P # 6C	Men 15 & Over 100 Free	5	---	0.01
28.55S	F # 10C	Men 15 & Over 50 Fly	3	---	-0.13
29.09S	P # 10C	Men 15 & Over 50 Fly	4	---	0.41
2:32.46S	P # 14C	Men 15 & Over 200 IM	8	---	5.88
26.68S	F # 16C	Men 15 & Over 50 Free	5	---	0.28
27.26S	P # 16C	Men 15 & Over 50 Free	7	---	0.86
1:05.90S	F # 22C	Men 15 & Over 100 Fly	5	---	-4.72
1:07.52S	P # 22C	Men 15 & Over 100 Fly	5	---	-3.10
2:12.53S	P # 34C	Men 15 & Over 200 Free	9	---	0.91
2:13.91S	F # 34C	Men 15 & Over 200 Free	8	---	2.29
<b>Mercer-Daley, Billy (15) M</b>					
10:19.39S	F # 2C	Men 15 & Over 800 Free	7	---	-11.52
1:05.22S	F # 6C	Men 15 & Over 100 Free	10	---	0.03
1:09.47S	P # 6C	Men 15 & Over 100 Free	17	---	4.28
5:02.09S	P # 20C	Men 15 & Over 400 Free	4	---	-2.51
5:04.36S	F # 20C	Men 15 & Over 400 Free	5	---	-0.24
1:18.27S	F # 22C	Men 15 & Over 100 Fly	9	---	-2.06
1:18.83S	P # 22C	Men 15 & Over 100 Fly	9	---	-1.50
20:14.44S	F # 26C	Men 15 & Over 1500 Free	5	1	25.45

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**Individual Meet Results**

Canada games trial 2009 01-May-09 to 03-May-09 SC Meters

Location: Grenfell College Pool

St. John's Legends Swim Club [SJL] Coach: Brad Hutton

Time	F/P/S	Event	Place	Points	Improv
2:48.54S	F # 28C	Men 15 & Over 200 Fly	6	---	-3.34
3:13.69S	P # 28C	Men 15 & Over 200 Fly	8	---	21.81
<b>Munn, Alex (18) W</b>					
1:03.50S	F # 5C	Women 15 & Over 100 Free	4	2	1.22
1:05.96S	P # 5C	Women 15 & Over 100 Free	7	---	3.68
2:39.74S	F # 11C	Women 15 & Over 200 Back	3	1	-1.00
2:44.94S	P # 11C	Women 15 & Over 200 Back	4	---	4.20
28.65S	F # 15C	Women 15 & Over 50 Free	2	---	0.50
29.48S	P # 15C	Women 15 & Over 50 Free	3	---	1.33
33.94S	F # 23C	Women 15 & Over 50 Back	3	1	0.36
35.27S	P # 23C	Women 15 & Over 50 Back	3	---	1.69
1:16.81S	P # 29C	Women 15 & Over 100 Back	5	---	4.31
1:17.57S	F # 29C	Women 15 & Over 100 Back	5	---	5.07
2:21.39S	F # 33C	Women 15 & Over 200 Free	6	---	1.42
2:22.85S	P # 33C	Women 15 & Over 200 Free	7	---	2.88
<b>Neveu, Kate (14) W</b>					
1:11.94S	P # 5B	Women 13-14 100 Free	21	---	-0.48
37.98S	F # 9B	Women 13-14 50 Fly	16	---	0.64
38.81S	P # 9B	Women 13-14 50 Fly	21	---	1.47
32.73S	P # 15B	Women 13-14 50 Free	17	---	1.40
33.32S	F # 15B	Women 13-14 50 Free	18	---	1.99
5:26.73S	F # 19B	Women 13-14 400 Free	4	---	0.99
5:30.81S	P # 19B	Women 13-14 400 Free	4	---	5.07
41.91S	F # 23B	Women 13-14 50 Back	3	1	6.12
42.25S	P # 23B	Women 13-14 50 Back	3	---	6.46
2:39.51S	P # 33B	Women 13-14 200 Free	21	---	9.00
<b>Neveu, Rachel (12) W</b>					
1:10.88S	P # 5A	Women 12 & Under 100 Free	15	---	-1.06
1:11.00S	F # 5A	Women 12 & Under 100 Free	17	1	-0.94
2:55.19S	F # 11A	Women 12 & Under 200 Back	2	2	7.79
2:57.25S	P # 11A	Women 12 & Under 200 Back	7	---	9.85
32.78S	P # 15A	Women 12 & Under 50 Free	20	---	1.03
33.31S	F # 15A	Women 12 & Under 50 Free	17	---	1.56
5:28.18S	F # 19A	Women 12 & Under 400 Free	3	1	2.13
5:34.60S	P # 19A	Women 12 & Under 400 Free	5	---	8.55
1:22.33S	P # 29A	Women 12 & Under 100 Back	7	---	3.14
1:22.59S	F # 29A	Women 12 & Under 100 Back	8	---	3.40
2:36.35S	P # 33A	Women 12 & Under 200 Free	16	---	5.70
2:38.06S	F # 33A	Women 12 & Under 200 Free	18	---	7.41
<b>Neveu, Rachel (-7) W</b>					
1:21.40S	F # 37A	400 Medley Relay Lead Off	---	---	2.21
<b>Newhook, Sam (13) M</b>					
1:05.87S	P # 6B	Men 13-14 100 Free	13	---	-0.33
1:06.20S	F # 6B	Men 13-14 100 Free	2	2	---
5:56.50S	F # 8B	Men 13-14 400 IM	7	---	2.65

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**Individual Meet Results**

Canada games trial 2009 01-May-09 to 03-May-09 SC Meters

Location: Grenfell College Pool

St. John's Legends Swim Club [SJL] Coach: Brad Hutton

Time	F/P/S	Event	Place	Points	Improv
6:10.50S	P # 8B	Men 13-14 400 IM	8	---	16.65
30.57S	P # 16B	Men 13-14 50 Free	18	---	0.62
5:08.85S	P # 20B	Men 13-14 400 Free	5	---	2.46
5:18.39S	F # 20B	Men 13-14 400 Free	4	---	12.00
20:44.99S	F # 26B	Men 13-14 1500 Free	6	1	-0.81
2:24.79S	P # 34B	Men 13-14 200 Free	15	---	2.51
2:26.84S	F # 34B	Men 13-14 200 Free	11	---	4.56
<b>Noseworthy, Jessica (15) W</b>					
3:09.61S	P # 3C	Women 15 & Over 200 Breast	7	---	-4.10
3:11.48S	F # 3C	Women 15 & Over 200 Breast	7	---	-2.23
1:10.06S	F # 5C	Women 15 & Over 100 Free	11	---	-3.47
1:10.89S	P # 5C	Women 15 & Over 100 Free	16	---	-2.64
37.82S	P # 9C	Women 15 & Over 50 Fly	19	---	-0.43
38.12S	F # 9C	Women 15 & Over 50 Fly	17	---	-0.13
1:30.27S	F # 17C	Women 15 & Over 100 Breast	5	---	-0.44
1:31.73S	P # 17C	Women 15 & Over 100 Breast	6	---	1.02
41.96S	F # 31C	Women 15 & Over 50 Breast	12	---	-0.86
42.65S	P # 31C	Women 15 & Over 50 Breast	11	---	-0.17
2:30.35S	F # 33C	Women 15 & Over 200 Free	12	---	-6.16
2:33.77S	P # 33C	Women 15 & Over 200 Free	14	---	-2.74
<b>O'Leary, Rebecca (15) W</b>					
21:40.80S	F # 1C	Women 15 & Over 1500 Free	5	---	-13.80
1:10.13S	P # 5C	Women 15 & Over 100 Free	13	---	-0.50
1:10.84S	F # 5C	Women 15 & Over 100 Free	15	---	0.21
32.37S	F # 15C	Women 15 & Over 50 Free	13	---	0.18
32.70S	P # 15C	Women 15 & Over 50 Free	16	---	0.51
5:22.84S	F # 19C	Women 15 & Over 400 Free	6	---	0.57
5:23.68S	P # 19C	Women 15 & Over 400 Free	6	---	1.41
11:15.48S	F # 25C	Women 15 & Over 800 Free	7	---	21.95
2:32.96S	F # 33C	Women 15 & Over 200 Free	15	---	3.13
2:37.16S	P # 33C	Women 15 & Over 200 Free	17	---	7.33
<b>Rockwood, Nadine (16) W</b>					
19:15.13S	F # 1C	Women 15 & Over 1500 Free	2	2	-8.26
31.34S	F # 9C	Women 15 & Over 50 Fly	2	---	0.76
31.87S	P # 9C	Women 15 & Over 50 Fly	3	---	1.29
4:49.14S	F # 19C	Women 15 & Over 400 Free	1	5	10.66
4:51.48S	P # 19C	Women 15 & Over 400 Free	1	---	13.00
1:08.63S	F # 21C	Women 15 & Over 100 Fly	1	5	0.89
1:12.37S	P # 21C	Women 15 & Over 100 Fly	2	---	4.63
9:59.89S	F # 25C	Women 15 & Over 800 Free	2	2	11.16
2:17.99S	P # 33C	Women 15 & Over 200 Free	2	---	6.08
2:18.35S	F # 33C	Women 15 & Over 200 Free	3	---	6.44
<b>Shortall, Gabriel (11) M</b>					
1:23.71S	P # 6A	Men 12 & Under 100 Free	30	---	-3.15
3:27.28S	P # 14A	Men 12 & Under 200 IM	20	---	17.69

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**Individual Meet Results**

Canada games trial 2009 01-May-09 to 03-May-09 SC Meters

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Time	F/P/S	Event	Place	Points	Improv
3:31.49S	F # 14A	Men 12 & Under 200 IM	2	2	21.90
37.01S	P # 16A	Men 12 & Under 50 Free	30	---	-0.78
6:27.03S	F # 20A	Men 12 & Under 400 Free	3	1	-19.78
6:27.27S	P # 20A	Men 12 & Under 400 Free	2	---	-19.54
1:37.18S	P # 30A	Men 12 & Under 100 Back	15	---	-9.53
1:38.39S	F # 30A	Men 12 & Under 100 Back	12	---	-8.32
2:57.75S	P # 34A	Men 12 & Under 200 Free	27	---	-3.77
<b>Silotch, Catherine (10) W</b>					
1:15.74S	P # 5A	Women 12 & Under 100 Free	30	---	-0.98
6:23.66S	F # 7A	Women 12 & Under 400 IM	6	---	-21.12
6:34.47S	P # 7A	Women 12 & Under 400 IM	7	---	-10.31
33.11S	P # 15A	Women 12 & Under 50 Free	24	---	-1.70
6:01.02S	P # 19A	Women 12 & Under 400 Free	7	---	-22.69
38.97S	F # 23A	Women 12 & Under 50 Back	3	1	1.50
40.44S	P # 23A	Women 12 & Under 50 Back	3	---	2.97
2:45.27S	P # 33A	Women 12 & Under 200 Free	27	---	4.33
<b>Silotch, Catherine (-9) W</b>					
1:26.99S	F # 37A	400 Medley Relay Lead Off	---	---	3.68
<b>Tomblin, Leah (18) W</b>					
31.14S	P # 9C	Women 15 & Over 50 Fly	1	---	-0.01
31.14S	F # 9C	Women 15 & Over 50 Fly	1	---	-0.01
2:25.45S	F # 11C	Women 15 & Over 200 Back	2	2	2.93
2:28.76S	P # 11C	Women 15 & Over 200 Back	1	---	6.24
29.67S	F # 15C	Women 15 & Over 50 Free	6	---	-0.75
29.76S	P # 15C	Women 15 & Over 50 Free	5	---	-0.66
32.24S	F # 23C	Women 15 & Over 50 Back	1	5	1.02
32.25S	P # 23C	Women 15 & Over 50 Back	1	---	1.03
1:08.49S	F # 29C	Women 15 & Over 100 Back	2	---	2.63
1:09.36S	P # 29C	Women 15 & Over 100 Back	1	---	3.50
38.76S	F # 31C	Women 15 & Over 50 Breast	5	---	-2.55
38.77S	P # 31C	Women 15 & Over 50 Breast	5	---	-2.54
<b>Tomblin, Leah (-1) W</b>					
1:11.83S	F # 37C	400 Medley Relay Lead Off	---	---	5.97
<b>Tremblett, Sarah (15) W</b>					
19:59.11S	F # 1C	Women 15 & Over 1500 Free	4	---	17.34
1:04.84S	P # 5C	Women 15 & Over 100 Free	4	---	-0.25
1:04.85S	F # 5C	Women 15 & Over 100 Free	5	1	-0.24
29.37S	F # 15C	Women 15 & Over 50 Free	4	---	0.26
29.58S	P # 15C	Women 15 & Over 50 Free	4	---	0.47
4:53.99S	F # 19C	Women 15 & Over 400 Free	3	1	-7.86
4:59.23S	P # 19C	Women 15 & Over 400 Free	3	---	-2.62
10:17.66S	F # 25C	Women 15 & Over 800 Free	3	1	3.23
2:20.10S	F # 33C	Women 15 & Over 200 Free	4	---	-2.20
2:21.82S	P # 33C	Women 15 & Over 200 Free	4	---	-0.48

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**Individual Meet Results**

Canada games trial 2009 01-May-09 to 03-May-09 SC Meters

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Time	F/P/S	Event	Place	Points	Improv
<b>Tremblett, Victoria (15) W</b>					
1:05.18S	P # 5C	Women 15 & Over 100 Free	5	---	1.15
1:05.31S	F # 5C	Women 15 & Over 100 Free	7	---	1.28
2:44.78S	P # 13C	Women 15 & Over 200 IM	5	---	-8.39
2:47.22S	F # 13C	Women 15 & Over 200 IM	4	---	-5.95
29.64S	F # 15C	Women 15 & Over 50 Free	5	---	-0.38
30.40S	P # 15C	Women 15 & Over 50 Free	6	---	0.38
1:27.84S	P # 17C	Women 15 & Over 100 Breast	4	---	1.06
1:29.43S	F # 17C	Women 15 & Over 100 Breast	4	---	2.65
41.07S	P # 31C	Women 15 & Over 50 Breast	7	---	0.47
2:20.92S	F # 33C	Women 15 & Over 200 Free	5	---	-4.61
2:22.16S	P # 33C	Women 15 & Over 200 Free	6	---	-3.37
<b>Tucker, Samantha (15) W</b>					
1:09.03S	P # 5C	Women 15 & Over 100 Free	11	---	1.01
1:10.37S	F # 5C	Women 15 & Over 100 Free	12	---	2.35
5:57.26S	P # 7C	Women 15 & Over 400 IM	5	---	5.85
5:58.06S	F # 7C	Women 15 & Over 400 IM	4	---	6.65
32.86S	P # 15C	Women 15 & Over 50 Free	21	---	0.44
5:12.81S	F # 19C	Women 15 & Over 400 Free	5	---	7.52
5:17.25S	P # 19C	Women 15 & Over 400 Free	5	---	11.96
10:55.17S	F # 25C	Women 15 & Over 800 Free	6	---	16.02
2:30.85S	F # 33C	Women 15 & Over 200 Free	13	---	4.55
2:33.01S	P # 33C	Women 15 & Over 200 Free	12	---	6.71
<b>Twells, Louise (13) W</b>					
3:21.62S	P # 3B	Women 13-14 200 Breast	10	---	-1.02
3:26.65S	F # 3B	Women 13-14 200 Breast	11	---	4.01
1:21.12S	P # 5B	Women 13-14 100 Free	39	---	-0.80
47.40S	P # 9B	Women 13-14 50 Fly	35	---	5.65
3:11.49S	F # 13B	Women 13-14 200 IM	5	---	5.96
3:14.66S	P # 13B	Women 13-14 200 IM	19	---	9.13
1:39.23S	F # 17B	Women 13-14 100 Breast	3	1	3.21
1:39.97S	P # 17B	Women 13-14 100 Breast	3	---	3.95
45.75S	P # 31B	Women 13-14 50 Breast	20	---	0.52
46.92S	F # 31B	Women 13-14 50 Breast	18	---	1.69
<b>Wilson, Nathan (15) M</b>					
10:46.24S	F # 2C	Men 15 & Over 800 Free	9	---	-7.06
3:01.01S	P # 4C	Men 15 & Over 200 Breast	9	---	-4.74
3:02.12S	F # 4C	Men 15 & Over 200 Breast	6	---	-3.63
6:06.70S	P # 8C	Men 15 & Over 400 IM	7	---	5.76
1:24.73S	F # 18C	Men 15 & Over 100 Breast	10	---	-2.10
1:25.59S	P # 18C	Men 15 & Over 100 Breast	11	---	-1.24
5:12.26S	F # 20C	Men 15 & Over 400 Free	6	---	-8.04
5:22.18S	P # 20C	Men 15 & Over 400 Free	6	---	1.88
39.15S	F # 32C	Men 15 & Over 50 Breast	15	---	-0.28
39.17S	P # 32C	Men 15 & Over 50 Breast	16	---	-0.26